



## Naval District Washington

Protect our People | Maintain Mission Readiness |  
Support Whole-of-Government Effort

### Regain Normalcy During COVID-19 Outbreak

By: Mass Communication Specialist 2nd Class Jason Amadi, Naval District Washington Public Affairs

WASHINGTON (NNS) -- Much has changed since the outbreak of COVID-19. Many are spending more time inside, more time alone and are inundated by speculation.

Brittany Bordonaro, NSAW Clinical and Advocacy Supervisor, has advice on how to regain a sense of normalcy through these trying times.

"We're recommending that people do what they can to remain resilient," said Bordonaro. People are feeling concerned about their health and the health of their family members. It's normal to have

increased feelings of stress and anxiety as it relates to some of the information we're seeing in the media. We know that during this period not much is normal, but what you can do to maintain a routine, like how you structure your work time, making regular time for exercise and participating in activities that are pleasurable to you will help," said Bordonaro.

While coverage of the ongoing COVID-19 story is all over television, radio and social media. Bordonaro recommends avoiding speculation and only getting news from trusted organizations.

*Continued on page 2*



# DEFEATING COVID 19

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## Navy Increasing Health Protection Measures on Installations to Fight COVID 19

From Commander, Navy Installations Command Public Affairs

WASHINGTON (NNS) -- As part of the Navy's efforts to minimize the spread of Coronavirus, U.S. Fleet Forces Command has elevated its health protection measures to HPCON C (MINUS) for Navy installations in the 48 contiguous U.S. States and Alaska March 20.

Navy installations will continue to maintain fleet essential services such as security, port operations, air operations and emergency management through all HPCON levels.

HPCON C coincides with the Center for Disease Control and Prevention (CDC) warning level 3, which indicates sustained community transmission. Most installations and Navy commands are already implementing the measures formalized by HPCON C (MINUS), such as strict hygiene (no handshaking, wipe common-use items); social distancing, postponing/cancelling non-essential activities, and avoiding large groups of

more than 10 people. If exposed, consult medical personnel and implement self-isolation per CDC guidelines.

The Navy is using alternate delivery methods for many of our services to safeguard our ability to continue to defend the homeland. For example, we are leveraging technology for services that can be provided by phone or teleconference. For services that must be conducted in person, we are prioritizing mission essential functions by enforcing social distancing, emphasis on cleanliness, and protecting our personnel and at risk population.

The Navy's focus is three-fold: We must protect our people; maintain mission readiness; and support the whole-of-government effort.

The following new measures take effect immediately:

Cancel unit and installation sponsored events and large public gatherings on installations.



NSA Annapolis | Phone: (410) 293-2641

NSA Bethesda | Phone: (301) 319-4087

NSA South Potomac | Phone: (540) 653-1839

JB Anacostia-Bolling | Phone: (202) 767-0450

NAS Patuxent River | Phone: 301-342-4911

NSA Washington | Phone: (202) 685-0229

FFSC Fort Meade | Phone: (301) 677-9014

**MILITARY ONE-SOURCE**

Military Crisis Line at 800-273-8255, then press 1, or access online chat by texting 838255



**DON Civilian Employee Assistance Program**  
DONCEAP@oh.hhs.gov or by phone 1-844-DONCEAP



**Non-Appropriated Fund Employee Assistance Program**  
Call AFI at 800.932.0034 or email at [eaasinfo@afispecialtybenefits.com](mailto:eaasinfo@afispecialtybenefits.com).



**Connect with a Chaplain**  
1-855-NAVY-311 - Text: [navy311@navy.mil](mailto:navy311@navy.mil)

### In This Issue

**01 Resiliency — Regain normalcy during COVID 19**

**02 HPCON — Now at C-, what does it mean**

**03 NCIS Fraud Alert — Beware of the scams**

**04 DECA Change — New hours, shopping limits, how they impact you**

**Regain Normalcy from page 1**

“Focus on the facts that are coming from reputable sources like the CDC, World Health Organization, National Institutes of Health or your command. We don’t want people to listen to rumor or speculation, as that’s a big source of what’s causing some of the additional anxiety. With any form of anxiety, it’s important to focus on what is within your

**HPCON from page 1**

Issue instructions to personnel to avoid large public gatherings and practice social distancing.

Maximize telework plans for telework ready employees.

Continue to approve leave and travel to and from the area on a case-by-case basis.

Coordinate with state and local authorities to synchronize in-garrison self-monitoring guidance for personnel returning from higher risk locations.

Assess travelers, in accordance with current guidance, upon arrival from other areas and inform them of any local monitoring and movement expectations.

Evaluate operations at visitor control centers: utilize electronic means to the maximum extent possible to grant installation access. Discontinue waiting room utilization if social distancing cannot be maintained. If

control. What we can control is how we take care of ourselves, what information we’re looking at, how we’re staying informed and how we’re approaching our own hygienic practices,” said Bordonaro.

Despite personnel adhering to social distancing guidelines and working from home, they’re still available to help those in need. “Resources are still in place to assist

necessary, direct customers to secondary holding areas until called.

All commands coordinate with contractors, vendors, delivery services, etc., to ensure their personnel are not performing services while sick or symptomatic

Every effort to limit COVID-19 exposure to the workforce should be implemented while balancing the mission requirements established by local commanders.

The Department of Defense HPCON framework provides recommended force health protection guidance to safeguard personnel and promote mission assurance. The HPCON framework is:

HPCON 0: Routine: Normal operations. Maintain standard precautions such as routine hand washing, cough on sleeve, good diet, exercise, vaccinations, education, routine health alerts, and regular preparedness activities

people. If Fleet and Family Support Centers aren’t open, personnel are still teleworking, so you can still reach out for support through a clinical counselor or connection to local resources.

The chaplains are still available if anyone needs to talk. We’re still here to support people and provide any care that’s needed.,” said Bordonaro.


HPCON A: Limited: Health Alert. Communicate risk and symptoms of health threat to installation; review plans and verify training, stocks, and posture; prepare to diagnose, isolate, and report new cases

HPCON B: Moderate: Strict hygiene (no handshaking, wipe common-use items); if exposed, self-isolate (wear mask or remain home); avoid contaminated water/food or risk area; vector control if applicable

HPCON C: Substantial: Social distancing (limit or cancel in-person meetings, gatherings, temporary duty assignments); shelter in-place indoors; utilize respirators; mass distribution of medical counter measures.

HPCON D: Severe: Restriction of movement (e.g., quarantine).

HPCON C (MINUS) implements all actions of HPCON A and B and many elements of HPCON C. At this time, base remain open and the Navy is not conducting medical screenings at entry control points.



## NCIS Fraud Alert

The novel coronavirus pandemic presents an opportunity for malicious actors to conduct spearphishing campaigns, financial scams, and disinformation campaigns via social media to collect sensitive information, steal money via fake donation websites, spread false information, and deliver malware to victims. **STAY ALERT!**

See full NCIS fraud article [here](#).

## Use Official News Sources

Monitor official news resources and public health updates regularly to stay informed. Navy Region Naval District Washington will continue to provide weekly (or more frequently as needed) updates.



See Navy-specific updates for the Navy family on the [NDW FaceBook Page](#)

## Commissaries Adjust Shopping Limits, Implement “No ID Touching.” Begin 100% ID Checks and Prepare for Suspension of Early Bird Hours

The Defense Commissary Agency announced several operational policies to help stores better serve customers during the COVID-19 (coronavirus) outbreak.

One of the most visible changes is effective immediately, a 100-percent ID card check at all commissaries, so that only authorized customers – this includes disabled veterans with VHIC cards – will be able to shop.

While this policy is in effect visitors will not be allowed to enter the commissary. This is designed help with social distancing and crowd control.

Effective March 15, to prevent customer-to-customer spread of germs, commissary cashiers no longer handle patron ID cards. Instead, customers will be asked to scan their own ID. Cashiers can use the handheld scanner if available or have the customer scan their own card.

Effective March 19, all commissaries will suspend early bird shopping to allow more time to clean and restock the store.

In a move to lessen panic-buying, the agency instructed its store directors worldwide to use their discretion in placing the shopping limits necessary to help maintain stock availability.

“Now our store directors have the flexibility to institute shopping limitations if no directives exist,” he said. “They still must inform base leadership when they are implementing these restrictions, but they can use my authority to move forward.”

From a product availability standpoint, commissaries continue to work with their industry suppliers to support the needs of senior leaders on the ground at each location.

See the full story on the commissary challenges and more at the DECA website [here](#).